

DROP IN

OR

MAKE AN APPOINTMENT
TO MEET WITH OUR
FAMILY SUPPORT
WORKER

AVAILABLE
MONDAY- FRIDAY

FOR

ONE TO ONE SUPPORT

OR

JOIN A PEER SUPPORT
GROUP

OR

PARTICIPATE IN A
SPECIFIC 6-8 WEEK
PROGRAMME

**Clonmel Community Resource
Centre**
Kickham Lodge
Kickham Street
Clonmel

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**CCRC Greatly Acknowledge
Funding From Tusla For
This Service**



Community at work!



**FAMILY SUPPORT
SERVICE**

**FAMILY SUPPORT
AND
SOCIAL ENTERPRISE
IN THE
COMMUNITY FOR
THE COMMUNITY**

Community at work!



The Clonmel Community Resource Centre

The centre is a hive of activity, with lots of community service providers running various projects within the building.

The family support worker can let you know what is going on in the centre and within the local community.

What is a family support worker?

A family support worker is simply a person who you can meet with or speak with over the phone who will listen without judgement. Help you identify the positives in your family, what is going well for you and support when challenges arise.

WHAT DOES THIS SERVICE OFFER

- ◆ A Safe Space for Parents and Young People
- ◆ A Listening Ear
- ◆ Welcoming All Families in Their Uniqueness
- ◆ One to One Meetings
- ◆ Drop Ins
- ◆ Coffee Mornings
- ◆ Information Sharing on Topics Relevant to You and Your Family
- ◆ Signpost to Specialised Services
- ◆ Peer Support
- ◆ Meitheal Process
- ◆ Non Violent Resistance Programme to support parents experiencing child to parent violence
- ◆ Parents Plus Programmes
 - Healthy Families
 - Adolescent Programme

We all know that babies grow and develop, they learn to walk and talk and travel through many different stages. The same is true for parents, we as parents also need to grow and develop to meet our own needs and the needs of our children.

Parenting can be very rewarding but also very challenging at times. Juggling the many stresses of modern day living can take its toll, the family support worker is a professional who offers a free confidential service to all carers and guardians.

We all need support from time to time.

